



# **SPORT A SMILE WEAR A MOUTHGUARD**

## **Three type mouthguards**

**Ready-made or stock mouthguard**  
**Mouth-formed 'boil-and-bite' mouthguard**  
**Custom-made mouthguard made by a dentist**

## **Features to look for in a mouthguard**

<b>Tear-resistant</b>	<b>Fit properly</b>
<b>Comfortable</b>	<b>Easy to clean</b>
<b>Not restrict speech or breathing</b>	<b>Durable</b>

## **Take good care of your mouthguard**

**Rinse mouthguard with cold water or antiseptic mouth  
rinse after use**  
**Toothpaste & toothbrush can also be used to clean a  
mouthguard**  
**Place in a firm container that allows air to circulate &  
prevents damage**  
**Keep mouthguards out of hot temperature or direct  
sunlight**  
**Check for holes, tears and fit**  
**Have regular dental checkups & bring your  
mouthguard along for you dentist to check**

**Don't take your smile for granted**  
**Protect your smile**  
**Wear a mouthguard**